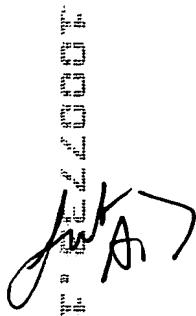


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1. A method for training a child to achieve urinary continence by identifying an appropriate continence training opportunity, comprising the steps of:
obtaining an objective measurement indicative of a state of fullness of the child's bladder; and
providing a signal to the child or to a caregiver when the measurement equals or exceeds a signal threshold value.
2. The method of Claim 1 further comprising the step of setting the signal threshold value to correspond to a bladder volume that is less than a reflexive urination volume.
3. The method of Claim 2 further comprising the step of measuring the reflexive urination volume.
4. The method of Claim 1 further comprising the step of querying the child regarding his or her physical sensation of bladder fullness.
5. The method of Claim 4 further comprising the step of informing the child that urination is possible or imminent.
6. The method of Claim 5 further comprising the step of providing the child with the opportunity to urinate into the designated receptacle.
7. The method of Claim 1 wherein the objective measurement correlates to a dimension of the bladder, a cross-sectional area of the bladder, or a volume of the bladder.
8. The method of Claim 1 wherein the signal is an audible alarm, a tactile alarm, or a visible alarm.
9. The method of Claim 1 wherein the objective measurement is performed by a bladder monitor.
10. The method of Claim 9 wherein the bladder monitor utilizes ultrasound.
11. The method of Claim 1 further comprising the step of applying a wearable bladder monitor to the child's body.
12. A method for training a child to achieve urinary continence, comprising the steps of:
obtaining an objective measurement indicative of a state of fullness of the child's bladder;
providing a signal to the child or to a caregiver when the measurement equals or exceeds a signal threshold value; and
identifying an appropriate continence training opportunity based on an occurrence of the signal.

- [Handwritten mark: A2] >*
- 13. The method of Claim 12 further comprising the step of setting the signal threshold value to correspond to a bladder volume that is less than a reflexive urination volume.
 - 14. The method of Claim 13 further comprising the step of measuring the reflexive urination volume.
 - 15. The method of Claim 12 further comprising the step of providing the child with the opportunity to urinate into the designated receptacle.
 - 16. The method of Claim 12 wherein the objective measurement correlates to a dimension of the bladder, a cross-sectional area of the bladder, or a volume of the bladder.
 - 17. The method of Claim 12 wherein the objective measurement is obtained during a specific period of time that the caregiver designates as a continence training period.
 - 18. The method of Claim 12 wherein the objective measurement is performed by a bladder monitor.
 - 19. The method of Claim 12 further comprising the step of applying a wearable bladder monitor to the child's body.
 - 20. An article of commerce comprising a package including a bladder monitor and instructions for using the bladder monitor to perform the method of Claim 12.
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